

Community!Youth Concepts

Youth Worker Trainings Schedule 2010-2011

Locations not listed To Be Determined

Registration at www.cyconcepts.org/calendar



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| 24 th | Structure and Clear Limits
How do you prevent chaos in a youth environment without stifling youth's positive energy? Youth need st in order to feel safe. Participants analyze structure in their programs and practice identifying and maintaining clear limits
Building Community
Do you know what it takes to build an emotionally and physically safe space for youth? A safe community of peers and adults is essential for youth to learn and develop. This workshop introduces activities designed to support the community building process.
Cooperative Learning
Do the youth in your program have opportunities to work together in groups, teaching and learning from each other? Cooperative learning is a way to nurture youth leadership, build community, and keep things fun. This workshop will equip participants with grouping strategies and ways to think about building cooperative learning into any program offering. | 9:00 - 11:00 a.m.
12:30 – 2:30 p.m.
3:00 – 5:00 p.m. | Grubb YMCA
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- September**
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| 9 th | YPQA Basics
What is the Youth Program Quality Assessment all about and how can it help you improve your programs? Over the course of the day you will discover the value of this tool and get hands on experience using it as well. | 9:00 a.m. – 4:00 p.m. | Johnston Public Library |
| 13 th | Reframing Conflict
What role do you play in conflict situations with the youth in your program? Do you know how to turn a conflict into an opportunity for growth? This workshop introduces participants to the High/Scope model for reframing conflict and general principles of conflict resolution. | 6:00 – 8:00 p.m. | Community!Youth Concepts |
| 20 th | Engaging Youth in Communication
Do you communicate with youth in a way that makes them feel supported and heard? This workshop introduces various communication techniques that help you build more supportive, youth-centered relationships. Participants learn how to ask more effective questions and actively listen in conversations. | 6:00 – 8:00 p.m. | Camp Fire USA – 5615 Hickman Rd |
| 21 st | Encouraging Youth
What are the differences between praise and encouragement and how can we encourage youth without passing on our own ideas and expectations are items that will be discussed in this session. | 12:00 – 2:00 p.m. | River Place – 2309 Euclid – Room 3A |
| 23 rd | Elements of High Quality Programming
The word "quality" gets tied to many different things making it difficult to know what really makes a program high quality. This workshop will build off the research of the National Academy of Sciences and the High/Scope Educational Research Foundation to provide a general overview of the elements of high quality programs. This workshop will help people understand the reasons behind why the strategies introduced in the Youth Work Methods series are important. | 12:00 – 3:00 p.m. | Culture Inc. – 2332 Euclid |
| 27 th | Understanding and Working with ADHD
How do you address the needs of the youth in your programs that struggle with the daily challenges of ADHD? This workshop will provide a background knowledge of the characteristics, behaviors, and treatment of this population. Participants will gain insight into strategies they can use to improve outcomes for youth with this disorder. Participants will be able to identify ways to improve the structure and strategies used within their own program to meet the needs of their youth.
This workshop will be taught by Julie Igram, the Greater Des Moines support facilitator of CHADD. She is also the parent of two children with ADHD and is an educator by trade. | 6:00 – 8:00 p.m. | |
| 30 th | Understanding and Working with ADHD
(Same description and workshop as above) | 12:00 – 2:00 p.m. | Community!Youth Concepts |

Support for the August and September trainings has been provided by the Youth Policy Institute of Iowa with grant funds from the U.S. Department of Health and Human Services' Compassion Capital Fund Communities Empowering Youth grant (#90IC0029).

Community!Youth Concepts | 3826 1/2 Douglas Avenue | Des Moines, IA 50310 | www.cyconcepts.org

October

11th **Including Youth with Disabilities** 6:00 – 8:00 p.m.

What are some of the most common disabilities you will encounter in your programs, and how can you include these youth and make the experience richer for all involved? **Registration Fee: \$10**

November

8th **Ages and Stages of Youth Development** 6:00 – 8:00 p.m.

Understanding the ages and stages of youth development is crucial to program success. What are appropriate expectations for youth of different ages and how you can design programs for a range of ages will be covered. **Registration Fee: \$10**

December

7th **Games for Groups** 6:00 – 8:00 p.m.

Games can be a great vehicle for teambuilding, transitions or creating energy. Come ready to play a variety of games, including active games, puzzles, team challenges and more. **Registration Fee: \$10**

January

10th **Working with Middle School Girls** 6:30 – 8:00 p.m.

Middle School aged girls are facing daily challenges with themselves, their peers, and with those that work with them. We'll look at some of these challenges and how we can meet these young ladies where they are and provide opportunities for growth.

Registration Fee: \$10

17th **Working with Middle School Guys** 6:30 – 8:00 p.m.

The Middle School years can be challenging for the guys as well. Join us as we look at their particular needs including how we can help them discover their new sense of adventure and needs to take risks. **Registration Fee: \$10**

February

17th **Authentic Youth Engagement** 12:00 – 2:00 p.m.

Authentic youth engagement goes beyond the creation of a youth advisory council. This workshop will introduce participants to the theories and research behind youth engagement, common pitfalls adults typically fall into, and suggestions on how to create effective youth/adult partnerships. **Registration Fee: \$10**

21st **Authentic Youth Engagement** 6:30 – 8:30 p.m.

Same workshop and description as above. **Registration Fee: \$10**

March

8th **Voice and Choice** 12:00 – 2:00 p.m.

Research shows that quality programs incorporate youth input at both activity and organizational levels. This workshop emphasizes the importance of offering real choices and meaningful participation to youth, and nurturing youth leadership.

Registration Fee: \$10

April

12th **Reflection** 12:00 – 2:00 p.m.

Are you engaging youth in reflection? Are you ready to be more intentional about including reflection strategies into your program? This workshop introduces participants to powerful methods that promote youth engagement in remembering and evaluating activities and projects. **Registration Fee: \$10**

18th **Reflection** 6:00 – 8:00 p.m.

Are you engaging youth in reflection? Are you ready to be more intentional about including reflection strategies into your program? This workshop introduces participants to powerful methods that promote youth engagement in remembering and evaluating activities and projects. **Registration Fee: \$10**

May

9th **Celebrating Success**

6:30 – 8:00 p.m.

All too often, we finish an event or group only to move on to the next task on the never-ending list. As tempting as it is to check off another chore, it's important to slow down and celebrate the accomplishments of youth, staff, volunteers, and organizations. This workshop will provide the theory behind celebrating successes and will help the group brainstorm simple and effective ways that can be used to slow down and appreciate the great work that's done in our community.

To register for any of the workshops please go to www.cyconcepts.org/calendar

Please note that if you register for a workshop we are counting on your attendance. If you do not cancel at least 3 business days prior to the workshop, you will be billed as all supplies and staff have been secured. Community!Youth Concepts reserves the right to cancel any workshop (with full refund to all paid registrations) if the minimum numbers of registrations (10) have not been received 5 business days prior to the workshop.

Some workshops will have optional materials available for purchase.